

CHERRY HILL CONNECT

NOVEMBER 2018



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THE SEASON OF GRATITUDE

Welcome to the inaugural publication of Waltonwood's community newsletter. As the leader in redefining senior living, we are continuously evolving. From our seasonal cuisine to our wellness programs, we are thankful to share this improvement in communication with you. Within the newsletter, you'll find highlights of the previous months' programs, providing updates on community development and keeping residents and families abreast of current happenings.

During the season of gratitude, we reflect upon those who have served and those who are currently serving our country. With grateful hearts, all of us at Waltonwood thank you for your service and sacrifice. Please visit The White Table in the front lobby as we pay tribute to our military.

May this season fill you with gratitude, crisp air and plentiful opportunities to make memories.

-Your Waltonwood Family

COMMUNITY MANAGEMENT

Sherie Ingels
Executive Director

Deanna Hite
Business Office Manager

Lindsay Orlor
Housekeeping Supervisor

April Marcotte
Independent Living Manager

Ariel Starr
Independent Living Life
Enrichment Manager

Allison Bock
Assisted Living Life Enrichment
Manager

Candice Jones
Memory Care Life Enrichment
Manager

Renee Ralsky
Marketing Manager

Jolene Maples
Move In Coordinator

Monique Sartor
Resident Care Manager

Tiffany Woodson
Wellness Coordinator

ASSOCIATE SPOTLIGHT

Calvin Biggs, caregiver, is a kind and gentle individual. He gives exceptional care and concern to each one of the residents whether he is assigned to them or not. He engages all of his team into participating in activities and keeping the residents entertained and keeping their spirits up. He is most helpful and willing to assist any and everyone with any task. Calvin brings a great smile and warm heart to Waltonwood each time he enters the building.



OCTOBER HIGHLIGHTS

01

Mop Hockey with
Monique, Resident Care
Manager

02

Pink Out Day and
Sweetest Day Social



03

Culinary Creation with
Pastry Chef Virginia:
Decorating Fall Shaped
Cookies

04

Oktoberfest with Live
Entertainment by Chuck
Sharp



MULTIDIMENSIONAL WELLNESS AT WALTONWOOD

Waltonwood offers opportunities to engage in physical, cognitive, social, spiritual, occupational, emotional, and environmental programs based upon your interests and aspirations. In short, the focus of our Life Enrichment program is creating a personalized active lifestyle based upon a multidimensional wellness model. Our Life Enrichment team takes pride in organizing educational seminars, creative-expressive classes, cultural events, humanitarian and volunteer efforts, social gatherings and musical performances with your fulfillment as our priority.

With our Forever Fit program, you have the opportunity to stay physically active and motivated by participating in group and individual exercise programs. We specialize in supporting each resident's fitness journey, including perceived limitations.

We welcome you to view the Life Enrichment Calendar and to join in the Waltonwood wellness experience!

TRANSPORTATION INFORMATION

Waltonwood offers transportation via bus or car for resident appointments and activity outings Monday through Friday.

The bus is free for trips under 10 miles. If the trip is longer than 10 miles, a fee of \$2 per mile will be charged. Residents are not charged mileage for group activity outings.

All sign up sheets for activity outings, church outings, etc, can be found in the Outing Binder in the Assisted Living Post Office. You must sign up by writing your name and apartment number on the respective sheet.

In addition to the regularly scheduled outings found on the Life Enrichment Calendar, here are our special outings for the month of November:

- Thursday, November 1st at 9:00am- Frankenmuth Lunch & Bronner’s Christmas Wonderland
- Thursday, November 8th at 1:00pm- Parade Company Tour
- Thursday, November 29th at 6:15pm- Hines Drive Lightfest

NOVEMBER SPECIAL EVENTS

01

Live Entertainment by Jim Kochans on Wednesday, November 7th at 2pm

02

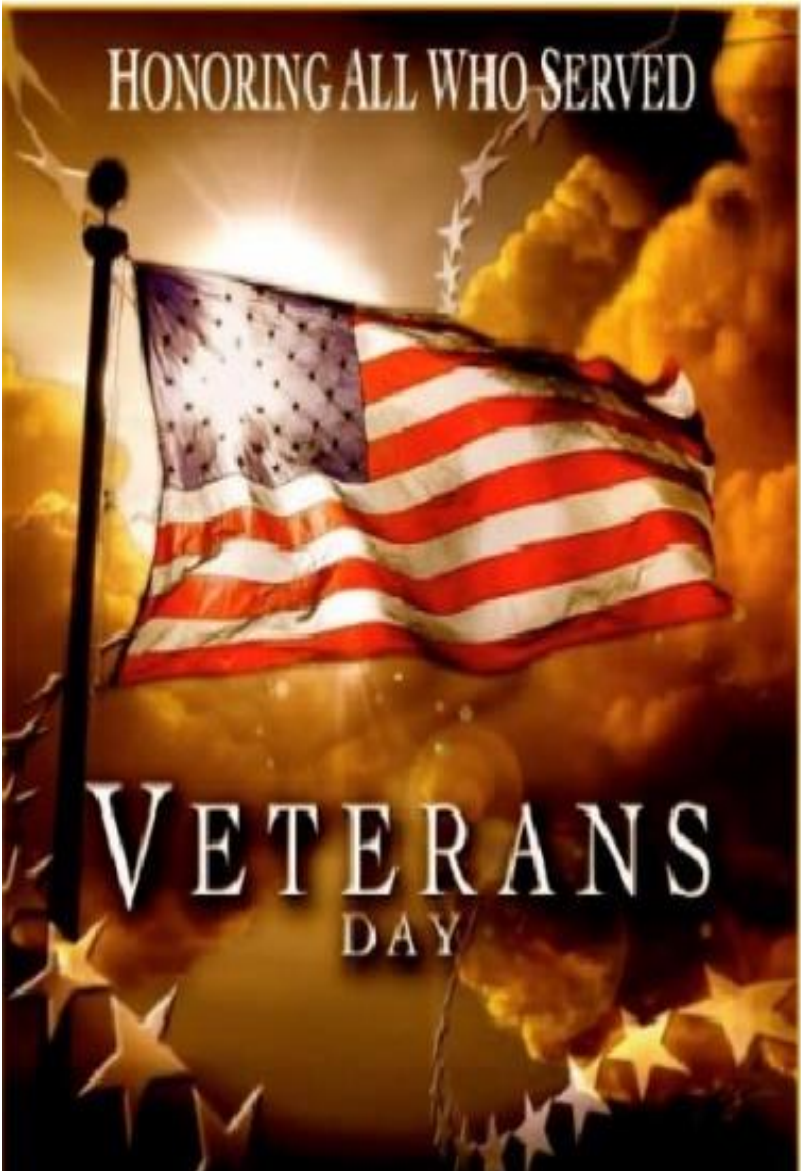
Veterans Day Ceremony and Celebration on Friday, November 9th at 1pm

03

Live Entertainment with Daniel Bryson on Wednesday, November 14th at 2pm

04

November Birthday Party with Live Entertainment by Joel Palmer on Wednesday, November 28th at 2pm



EXECUTIVE DIRECTOR CORNER

Dear Waltonwood Residents and Families,

Happy Thanksgiving to all of you! It’s that wonderful time of year to be with friends and family as we give thanks for all our blessings. This year we are trying to give thanks to our Veterans that live at Cherry Hill. We are creating a Veterans’ wall as a tribute to our residents that have served in the military and sacrificed so much for our country. The design is very beautiful and I think all of you will really enjoy it.

Please take note that we have many holiday events planned throughout the month. I hope you find some interesting and make plans to attend. Our Thanksgiving Feast will be on November 13th. Please plan on attending and inviting your loved ones. We look so forward to enjoying a wonderful dinner with all of you.

Please keep safe and warm during the holiday and I hope everyone has a very blessed Thanksgiving!

Warm Regards, Sherie



Celebrating Birthdays In November

- 11/6- Kellie W.
- 11/12- Kristin R.

*No Resident Birthdays in the Month of November

CHEF’S COOKING DEMONSTRATIONS

01

Assisted Living: Culinary Creation with Pastry Chef Virginia: Gingerbread Cookies on Friday, November 2nd

02

Assisted Living and Memory Care: Thanksgiving Family Dinner on Tuesday, November 13th

03

Memory Care: Culinary Creation with Pastry Chef Virginia on Friday, November 9th

04

Assisted Living and Memory Care: National Gingerbread Cookie Day Social on Wednesday, November 21st

Pan Fried Pasta with Squash, Sage and Pine Nuts

- 1 medium butternut squash
- 1 small sweet onion, peeled and diced
- 3 cloves garlic, minced
- Olive oil
- Salt and pepper
- 1/2 cup fresh sage leaves
- 1 pound farfalle pasta
- 3/4 cup pine nuts, toasted
- 4 ounces high quality Parmesan, shredded or shaved (about a cup total)

Heat the oven to 375°. Cut the butternut squash in half and scoop out the strings and seeds in the middle cavity. Flip the squash halves upside down and peel them. Cut the squash into 1-inch cubes. Toss with the onion, garlic, a drizzle of olive oil and salt and pepper. Mince about half of the fresh sage leaves and also toss with the squash. Spread the squash mixture in a thin layer on a large baking sheet and roast for about 40 minutes or until the squash is soft. Heat salted pasta water to boiling and cook the farfalle until al dente. Drain and set aside. As the squash finishes roasting, heat about two tablespoons of olive oil in a large high-sided sauté pan. The oil is ready when it pops and sputters. (Don't let it start smoking.) Drop in the rest of the rest of the sage leaves and fry for about a minute, or until they begin to just shrivel up. Remove with a slotted spoon and salt lightly. Crush with the back of a spoon. Add half the pasta to the pan, along with half the roasted squash mixture. Crumble in half the sage. Cook, stirring frequently, for five minutes or until the pasta is heated through and getting crispy on some of the edges. Add the pine nuts and cook for another minute. Stir in half the cheese and serve.

-Faith Durand/Chef Jessica Bartol Regional Director of Culinary Services

\$1,000 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

FRIENDS & FAMILY REFERRAL PROGRAM!

